

Reading: Tea-Drinking

读一读：中国茶

中国人常说：“开门七件事：柴、米、油、盐、酱、醋、茶。”大部分中国人天天喝茶。喝茶是重要的中国文化之一。

中国人喝茶有很久的历史了。传说古代神农氏有一次坐在茶树下，一阵风把一些茶叶吹进了他的热水杯中。神农氏喝了茶水以后非常喜欢。这就是最早关于喝茶的故事。

中国人喝茶是用茶叶，而不是像西方人用茶包。茶叶是用茶树上的新鲜叶子做成的。泡茶时，把茶叶放进茶壶里，注入热水，加盖。几分钟以后，茶叶慢慢展开，茶色变黄，茶便可以喝了。

茶有很多种类。有绿茶、红茶和花茶等。绿茶是制作过程中不发酵的茶。龙井是绿茶之一。乌龙茶是半发酵的绿茶。普洱茶和铁观音是红茶。花茶中以茉莉花茶最普遍，又叫“香片”。



每天喝绿茶对身体有益。绿茶还被做成绿茶蛋糕、绿茶月饼等甜食。

Zhōng guó rén cháng shuō: "Kāi mén qī jiàn shì: chái, mǐ, yóu, yán, jiàng, cù, chá." Dà bù fèn zhōng guó rén tiān tiān hē chá. Hē chá shì zhòng yào de zhōng guó wén huà zhī yī.

Zhōng guó rén hē chá yǒu hěn jiǔ de lì shǐ le. Chuán shuō gǔ dài shén nóng shì yǒu yí cì zuò zài chá shù xià. Yí zhèn fēng bǎ yì xiē chá yè chuī jìn le tā de rè shuǐ bēi zhōng. Shén nóng shì hē le chá shuǐ yǐ hòu fēi cháng xǐ huan. Zhè jiù shì zuì zǎo guān yú hē chá de gù shì.

Zhōng guó rén hē chá shì yòng chá yè, ér bú shì xiàng xī fāng rén yòng chá bāo. Chā yè shì yōng shù shàng de xīn xiān yè zǐ zuò chéng de. Pào chá shí, bǎ chá yè fàng jìn chá hú li, zhù rù rè shuǐ, jiā gài. Jǐ fēn zhōng yǐ hòu, chá yè mǎn man zhǎn kāi, chá sè biàn huáng, chá biàn kě yǐ hē le.

Chá yǒu hěn duō zhǒng lèi. Yǒu lǜ chá, hóng chá hé huā chá děng. Lǜ chá shì zhì zuò guò chéng zhōng bù fā jiào de chá. Lóng jǐng shì lǜ chá zhī yī. Wú lóng chá shì bàn fā jiào de lǜ chá. Pú ěr chá hé tiě guān yīn shì hóng chá. Huā chá zhōng yǐ mò lì huā chá zuì pǔ biàn, yòu jiào "xiāng piàn".

Měi tiān hē lǜ chá duì shēn tǐ yǒu yì. Lǜ chá hái bèi zuò chéng lǜ chá dàn gāo, lǜ chá yuè bǐng děng tián shí.

The Chinese have a saying: "Firewood, rice, oil, salt, sauce, vinegar and tea are the seven necessities to begin a day." Most of the Chinese drink tea every day. It is an important part of Chinese culture.

Chinese people have a long history of drinking tea. According to a legend, a man named King Shen Nong once sat under a tree waiting for his cup of hot water to cool down. A wind blew some tea leaves into his cup. After drinking the water, King Shen Nong liked the taste. This is the earliest story about tea-drinking.

Unlike the westerners drinking tea from tea bags, the Chinese make tea from tea leaves. Chinese tea is made from young, tender leaves of tea trees. To make a pot of tea, first put a spoonful of tea leaves in the teapot, then pour in boiling water and cover it with a lid. After a few minutes, the tea leaves are loose and open and the tea is ready to serve.

There are many kinds of tea such as: green teas, black teas and scented teas. Tea that has not been fermented during the process is called "green tea". An example of green tea is called Long Jing, which means "Dragon Well". Oolong Tea (Black Dragon) is semi-fermented green tea; Pu'er and Tie Guan Yin (Iron Goddess of Mercy) are black tea. Jasmine tea is one of the most popular among scented teas. It is also known as "Xiang Pian", which means "Fragrant Piece".

Scientists suggest that drinking tea daily is good for one's health. Tea is also used to make birthday cakes, moon cakes and other desserts.

名字: _____ 月 _____ 日

Quiz: Tea-Drinking

考考你: 中国茶

Read the passage on Tea-drinking and answer the questions. You are encouraged to answer the questions in Chinese.

1. chuán shuō zhōng shéi fā xiàn le hē chá de fāng fǎ
传说中谁发现了喝茶的方法?
According to a Chinese legend, who discovered how to make tea?
- _____

2. zhōng guó rén měi tiān kāi mén qī jiàn shì shì shén me
中国人每天开门七件事是什么?
What are the seven basic items needed for daily life?
- _____

3. nǐ rú hé pào chá
你如何泡茶? (依顺序标示1,2,3)
How do you make a pot of tea? (Label 1,2,3 before the correct sentences.)

_____ dào kāi shuǐ
倒开水

_____ jiā gài
加盖

_____ fàng chá yè
放茶叶

4. gè xiě chū yì zhǒng chá yè de míng chēng
各写出一种茶叶的名称:
(Write the name for each type of tea in English.)

lǜ chá
绿茶:

hóng chá
红茶:

huā chá
花茶:

中国茶

zhōng guó chá

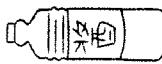
My Tea Book



名字: _____

"Firewood, _____, _____, salt, sauce, vinegar and _____ are the seven basic items needed to begin a day." Drinking _____ is an important part of the _____ culture.

“柴、米、油、盐、酱、醋、茶。”喝茶是重要的中国文化之一。



Tea is written this way:

茶是这样写的:

茶 chá

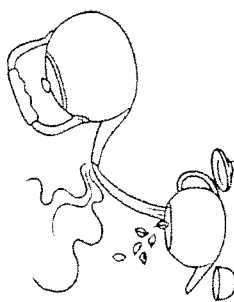
Grass
Man
Tree

According to the legend, King _____ first discovered the way of drinking tea by putting _____ in _____ water.

传说古代神农氏最早发现喝茶的方法。



To make a pot of tea, first put a spoonful tea leaves in the _____, then pour boiling _____ and cover it with a _____. After a few minutes, the tea is ready to serve.



泡茶时，把茶叶放进茶壶里，注入开水，加盖。几分钟以后，茶便可以喝了。

Drinking green tea is good for your _____. Here are the names of some teas you may wish to try next time your family visits a Chinese restaurant.

喝绿茶对身体有益。下次到中国餐馆请试一试：

1. 龙井茶 (Longjing or Dragon Well Tea)
2. 乌龙茶 (Oolong or Black Dragon Tea)
3. 普洱茶 (Pu'er Tea)
4. 铁观音 (Tie Guan Yin or Iron Goddess of Mercy Tea)
5. 茉莉花茶 (Jasmine Flower Tea)

Dialogue 1

mā ma xiǎo dì wǎn fàn xiǎng
妈妈: 小弟, 晚饭想
chī shén me
吃什么?



xiǎo dì wǒ xiǎng chī
小弟: 我想吃
pái gǔ hé gài lán jī
排骨和芥蓝鸡。

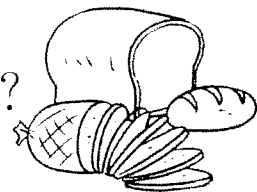


mā ma xiǎng hē shén me tāng
妈妈: 想喝什么汤?

xiǎo dì wǒ xiǎng hē dàn huā tāng
小弟: 我想喝蛋花汤。

Dialogue 2

mā ma xiǎo mèi míng tiān zǎo cān
妈妈: 小妹, 明天早餐
xiǎng chī shén me
想吃什么?



xiǎo mèi wǒ xiǎng chī
小妹: 我想吃
miàn bāo huǒ tuǐ hé dàn
面包、火腿和蛋。

mā ma xiǎng hē shén me
妈妈: 想喝什么?

xiǎo mèi wǒ xiǎng hē niú nǎi
小妹: 我想喝牛奶。



Dialogue 3

gē ge mā ma jīn tiān wǒ xué le shí wù jīn zì tǎ
哥哥: 妈妈, 今天我学了食物金字塔。

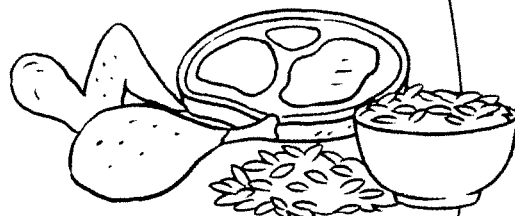
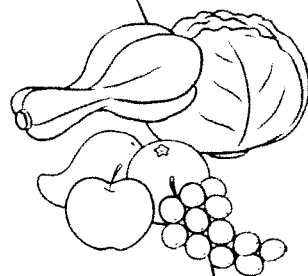
mā ma zhēn de ma hěn yǒu qù ba gěi wǒ shuō shuō kàn
妈妈: 真的吗? 很有趣吧? 给我说说看。

gē ge lǎo shī shuō duō chī qīng cài hé shuǐ guǒ cái huì jiàn kāng
哥哥: 老师说多吃青菜和水果才会健康。

mā ma duì a dàn shì ròu lèi hé gǔ lèi shí wù yě hěn zhòng yào de
妈妈: 对啊! 但是肉类和谷类食物也很重要。

gē ge lǎo shī shuō měi zhǒng shí wù dōu yào chī
哥哥: 老师说每种食物都要吃,
zhǐ shì bú yào chī tài duō jiù hǎo
只是不要吃太多就好。

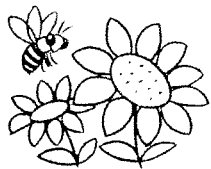
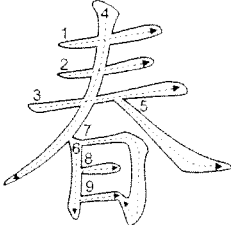

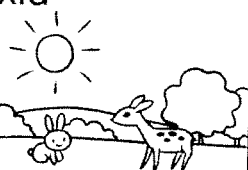
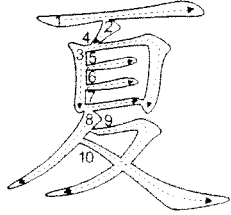


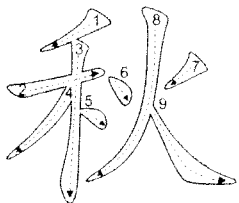


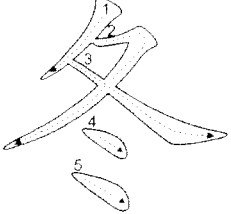


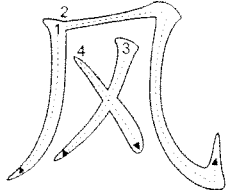


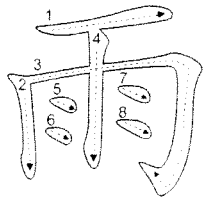

mā ma duì duì duì měi yàng shí wù dōu yào chī hái yào duō yùn dòng
妈妈: 对对对, 每样食物都要吃, 还要多运动,
shēn tǐ jiù huì jiàn kāng
身体就会健康!



名字: _____ 月 _____ 日

Let's Write!

写一写

<p>chūn</p>  <p>spring</p>				
<p>xià</p>  <p>summer</p>				
<p>qiū</p>  <p>autumn</p>				
<p>dōng</p>  <p>winter</p>				
<p>fēng</p>  <p>wind</p>				
<p>yǔ</p>  <p>rain</p>				

六月

June

June Calendar

六月月历

Leisure Activities

休闲活动

Sports

运动

Father's Day

父亲节

Insects

昆虫

Dragon Boat Festival

端午节

Try It Out!

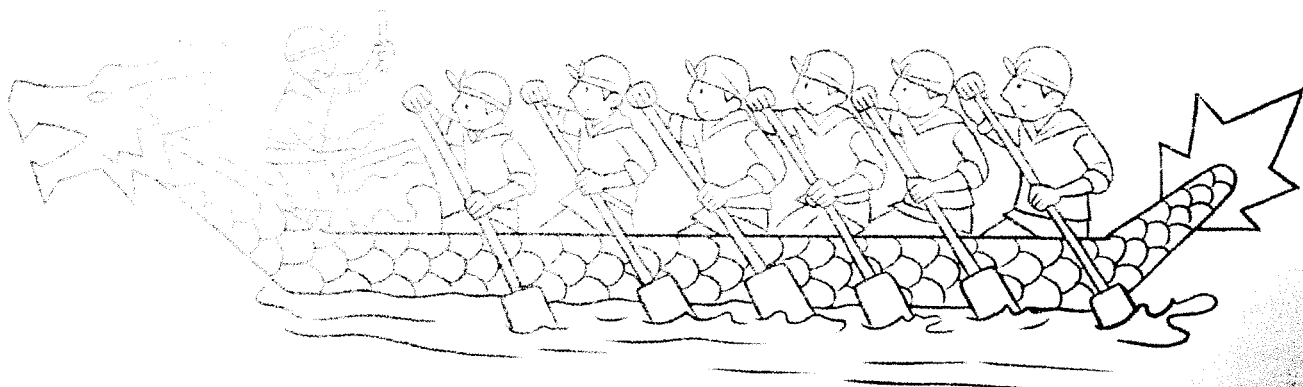
每月一练

Let's Talk!

说一说

Let's Write!

写一写



duān

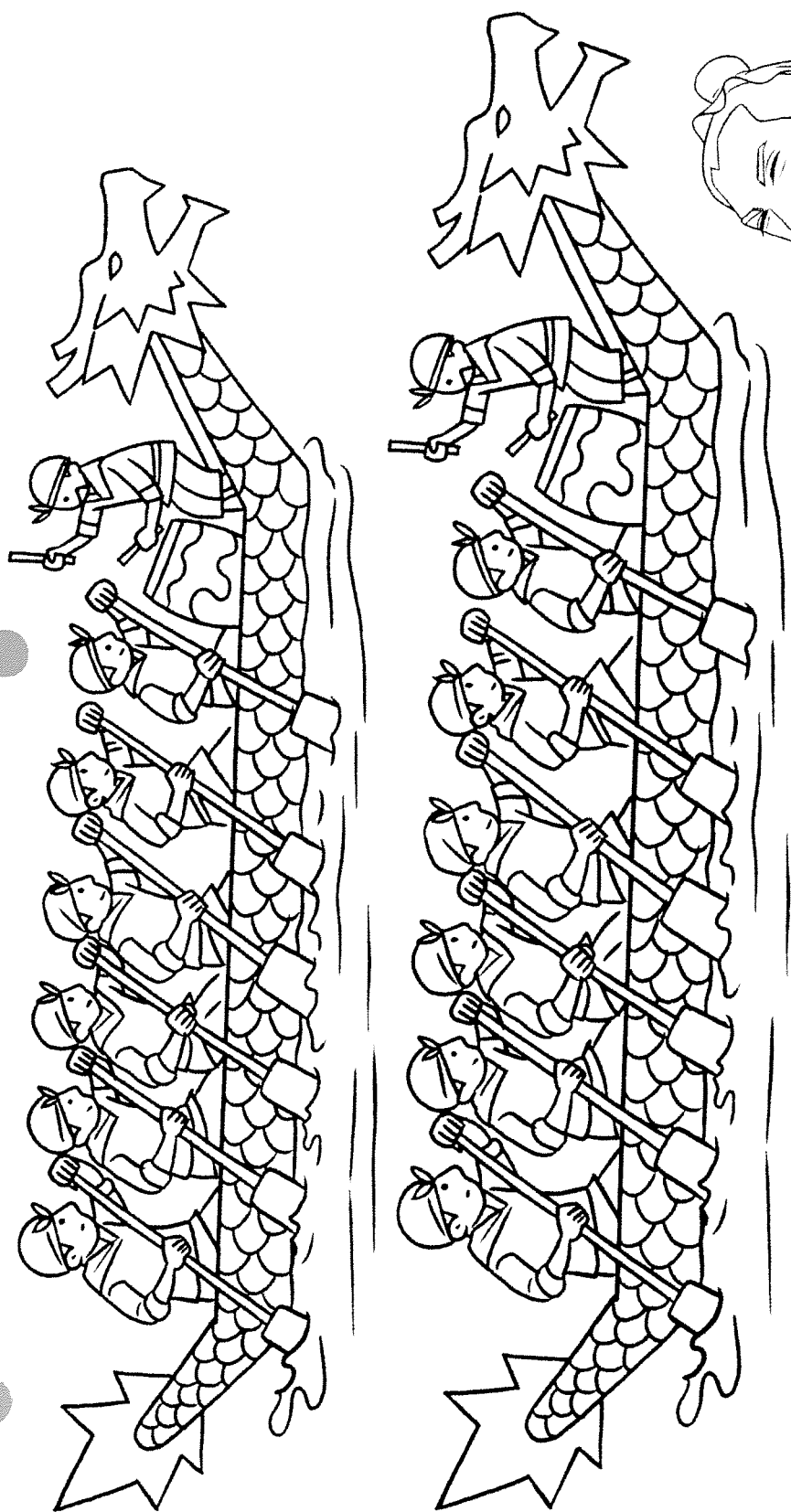
端

wǔ

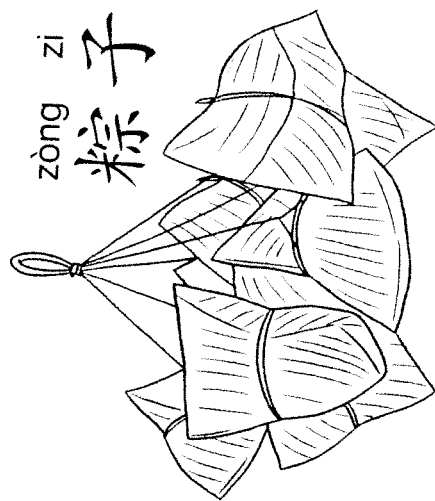
午

jié

节



zòng zi
粽子



lóng zhōu bǐ sài
龙舟比赛



年

• June 六 月

[illegible]

名字：_____ 月 _____ 日

What's Happening in June?

六月知多少?

1. 今天 是 _____ 月 _____ 日。

2. 明天 是 _____ 月 _____ 日。

3. 后天 是 _____ 月 _____ 日。

4. 昨天 是 星期 _____。

5. 前天 是 星期 _____。

6. 六月 一 共有 _____ 天。

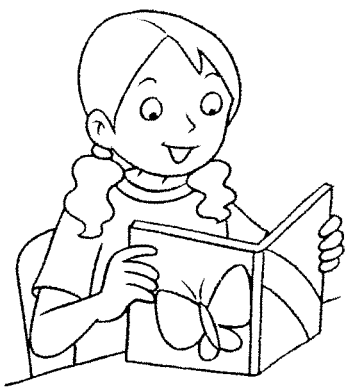
7. 六月 中 特别 的 日子 是 _____。

8. 六月 十 日 的 四 天 前 是 _____ 月 _____ 日。

9. 六月 十五 日 的 十 天 后 是 _____ 月 _____ 日。

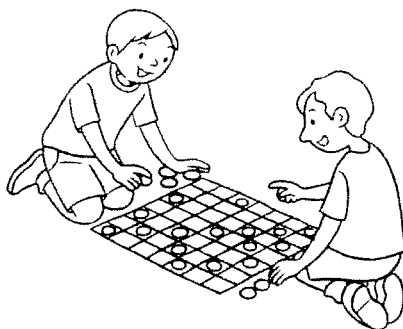
10. _____ 的 生日 是 _____ 月 _____ 日。
(a person's name)





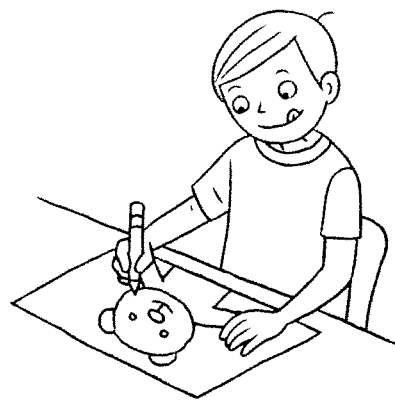
kàn shū

看书



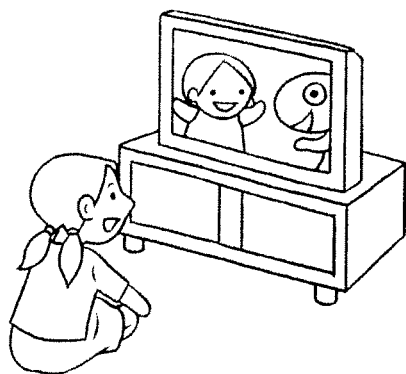
xià qí

下棋



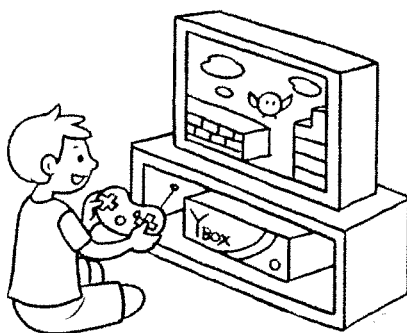
huà huà

画画



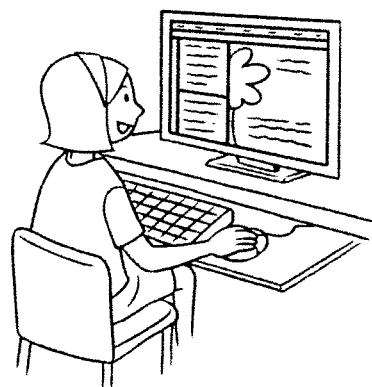
kàn diàn shì

看电视



dǎ diàn wán

打电玩



shàng wǎng

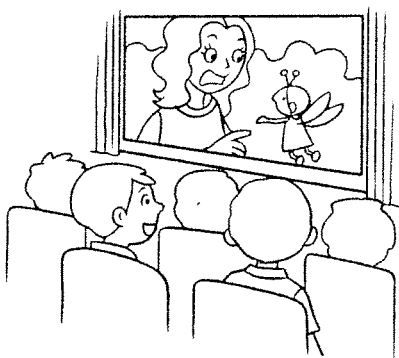
上网

surf the web



wán yuè qì

玩乐器



kàn diàn yǐng

看电影



yùn dòng

运动

play sports

wǒ de xiū xián huó dòng
我的休闲活动
My Leisure Activities

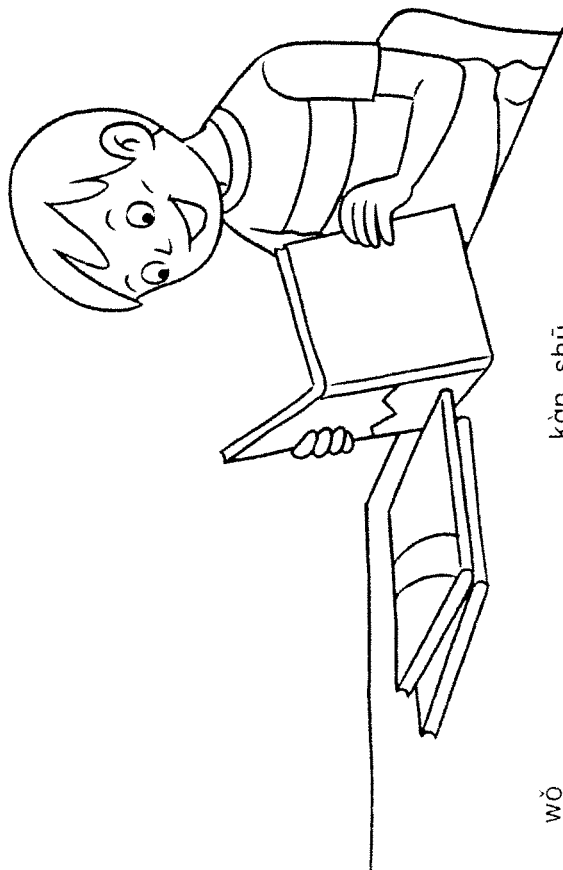


名字: _____

Word choices:

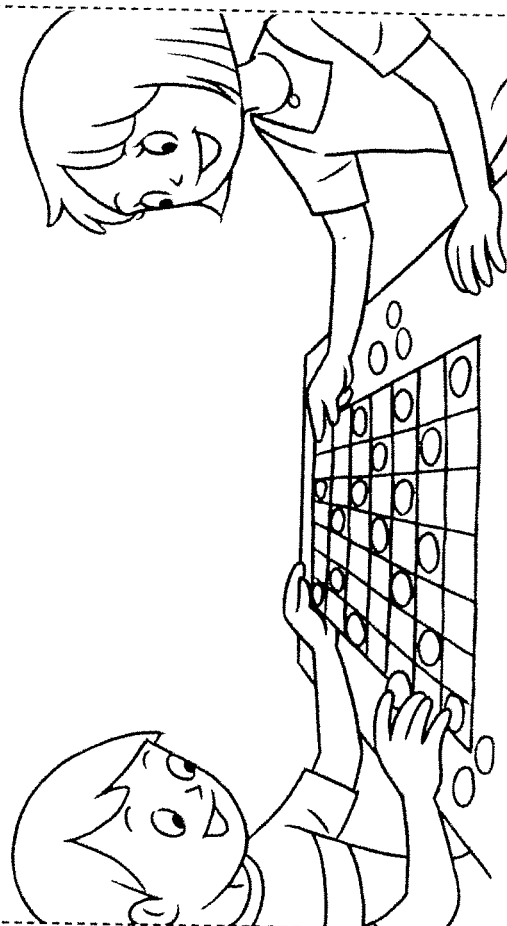
cháng cháng 常常	— always
hěn shǎo 很少	— rarely
cóng lái bù 从来不	— never
zuì xǐ huān 最喜欢	— favorite

一



wǒ 我
kàn shū 看书。

二



wǒ 我
xià qí 下棋。

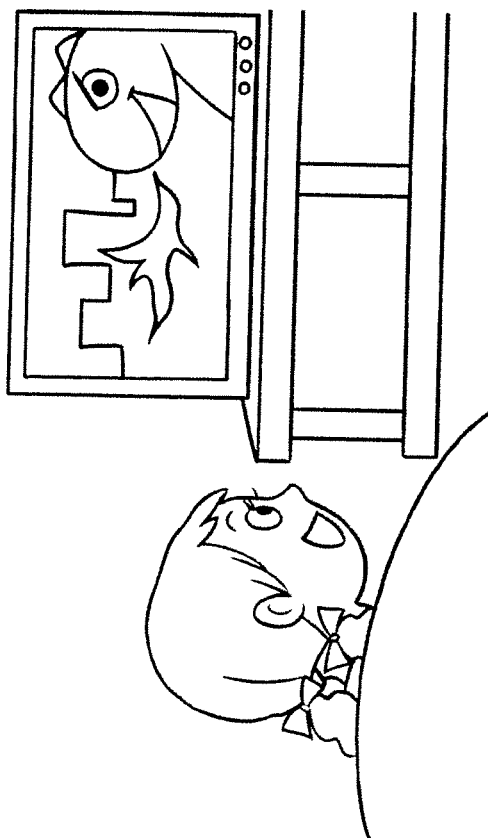
三



wǒ 我

huà huà 画画。

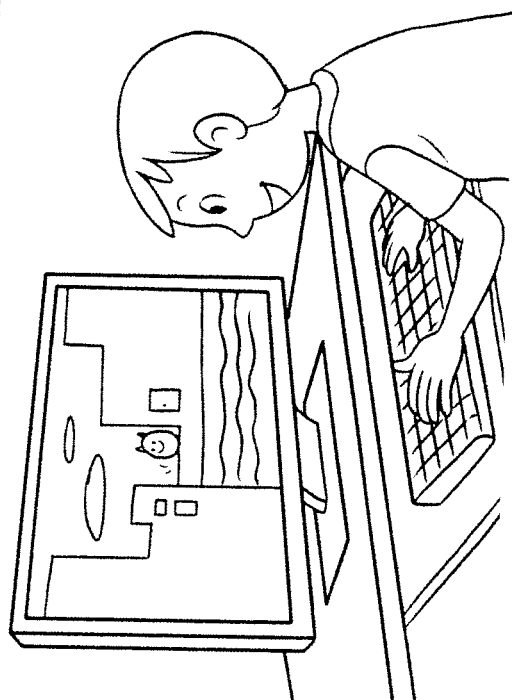
四



wǒ 我

kàn diàn shì 看电视。

五



wǒ 我

dǎ diàn wán 打电玩。

六



wǒ 我

shàng wǎng 上网。

七

九

yùn dòng
运动。

wǒ 我

八

kàn diàn yǐng
看电影。

wǒ 我

十一

wǒ 我

十

wán yuè qì
玩乐器。

wǒ 我